



THE AUSTRALIAN NATIONAL UNIVERSITY

Life at School Project: An insight from a 3-year follow up
Dr Eliza Ahmed

An EXPO on 'Safe Schools, Safe Communities'
O'Connell Education Centre, Griffith, Canberra, 22 October, 2001

LIFE AT SCHOOL SURVEY: PRIME FACTORS IN REDUCING SCHOOL BULLYING

Family / School Factors	<ul style="list-style-type: none">• Shaming of the wrongful act, not the child• Establishing a safe school environment• Building a sense of belonging to the school
Personality Factors	<ul style="list-style-type: none">• Positive self-esteem• Empathy• Self-control
Shame Management Skills	<ul style="list-style-type: none">• Acknowledging shame• Taking responsibility• Making amends• Blaming neither self nor others



THE AUSTRALIAN NATIONAL UNIVERSITY

HOW DOES A BULLY MANAGE SHAME FOLLOWING A WRONGFUL ACT?

- I have done nothing wrong by bullying him/her
- I am NOT ashamed of what I have done
- I am NOT responsible for what I have done
- I am NOT sorry for what I have done
- You are the one who is to blame
- I have retaliatory anger towards others



THE AUSTRALIAN NATIONAL UNIVERSITY

HOW DOES A VICTIM MANAGE SHAME FOLLOWING A WRONGFUL ACT?

- Yes, I am ashamed of what I have done
- I am responsible for what I have done
- I am sorry for what I have done
- I blame myself



THE AUSTRALIAN NATIONAL UNIVERSITY

Non-Bully/Non-Victims are Role Models for Bullies and Victims.

Let us take a look at how non-bully/non-victims manage shame following a wrongful act.

- Bullying others is wrong; I am ashamed of what I have done**
- I am the one who is responsible for what I have done**
- I am sorry for what I have done**
- I do NOT blame anyone else for what has happened**
- I do NOT have retaliatory anger towards others**



THE AUSTRALIAN NATIONAL UNIVERSITY

LIFE AT SCHOOL SURVEY: SUMMARY FINDINGS IN RELATION TO SHAME MANAGEMENT AND BULLYING

Bullying Status	Shame Management Skills	Consequences
Non-bullies/Non-victims	Constructive shame management	Shame is discharged 😊
Victims	Destructive shame management	Shame is not discharged 😞
Bullies	Destructive shame management	Shame is not discharged 😞
Bully/Victims	Destructive shame management	Shame is not discharged 😞



THE AUSTRALIAN NATIONAL UNIVERSITY

RESULTS FROM A 3-YEAR FOLLOW-UP STUDY

Shame Management and Bullying: Stability Over Time

Bullying status	Summary findings
Non-bullies/Non-victims	Non-bully / Non-victims who have the same status over time continue to show <u>constructive</u> shame management
Bullies	Bullies who continue to bully peers over time continue to show <u>destructive</u> shame management
Victims	Victims who continue to be victimized over time continue to show <u>destructive</u> shame management



THE AUSTRALIAN NATIONAL UNIVERSITY

CONSEQUENCES OF BEING A VICTIM

- **Social isolation**
- **Unhappy at school**
- **High rates of absenteeism**
- **Low academic achievement**
- **Depression and suicidal ideation**
- **Physical symptoms, such as headaches and stomach aches**



THE AUSTRALIAN NATIONAL UNIVERSITY

CONSEQUENCES OF BEING A BULLY

- Tendency to be involved in delinquency and criminal activities**
- Breakdown in marital relationships**
- Breakdown in occupational relationships**
- Depression**
- Psychopathology later in life**



THE AUSTRALIAN NATIONAL UNIVERSITY

Educating shame management is imperative for maintaining constructive interpersonal relationships. We need public awareness about the importance of healing shame. It is vital to develop and implement programs which can address effective strategies to manage shame in order to -

- Develop greater self-acceptance and constructive relationships;**
- Help recover from emotional wounds and depression;**
- Reduce self-destructive tendencies (such as drug and alcohol abuse, and suicide); and**
- Prevent violence at home, school and work.**



THE AUSTRALIAN NATIONAL UNIVERSITY

THE BREAKDOWN OF SOCIAL BONDS FOR BULLIES AND VICTIMS: ALIENATION FROM THE SCHOOL COMMUNITY

The interplay between significance and belonging (respect and pride)

Bullying status	Summary findings
Non-bullies/Non-victims	<ul style="list-style-type: none">- Healthy social bonds- Feel a good sense of respect and pride
Bullies	<ul style="list-style-type: none">- Feel respected (significant), but take little pride in the school community as a whole
Victims	<ul style="list-style-type: none">- Do not feel respected (significant) but take pride
Bully/Victims	<ul style="list-style-type: none">- Feel neither respect nor pride

